

V(A). Planned Program (Summary)

Program # 11

1. Name of the Planned Program

Healthy People, Healthy Communities

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
703	Nutrition Education and Behavior	80%			
704	Nutrition and Hunger in the Population	10%			
724	Healthy Lifestyle	10%			
	Total	100%			

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2010	Extension		Research	
	1862	1890	1862	1890
Plan	15.3	0.0	0.0	0.0
Actual	18.6	0.0	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
248202	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
248202	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
809655	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Stakeholder input will be acquired from numerous sources, including state government agencies, the Oregon Food Bank, local funders, consumers, food policy councils, health care provider organizations, and other organizations and consortia. Programs will be delivered based on several factors, including the

identification of critical audiences at local levels, working organizational partnerships, and input from OSU researchers. Target audiences will be identified and the most effective programming options will be identified and implemented.

2. Brief description of the target audience

The target audience will consist of low-income and high-risk families, including parents, children, and seniors.

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	11000	85000	50000	55000
Actual	12091	85049	52542	63579

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

Year: 2010
 Plan: 11
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2010	Extension	Research	Total
Plan	0	0	
Actual	4	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Educational Events and Workshops to be Delivered

Year	Target	Actual
2010	330	339

Output #2

Output Measure

- Demonstrations to be Conducted

Year	Target	Actual
2010	330	349

Output #3

Output Measure

- Newsletters to be Published

Year	Target	Actual
2010	100	103

Output #4

Output Measure

- Web Sites to be Developed/Maintained

Year	Target	Actual
2010	3	4

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Percentage of participants that will indicate positive change related to nutritional content of food purchases for their family.
2	Percentage of participants that report improved food resource management (meal planning and food budgeting).
3	Percentage of participants that report improved food safety practices such as preparation, thawing and storing procedures.
4	Percentage of participating families that will report increased physical activity among their children.

Outcome #1

1. Outcome Measures

Percentage of participants that will indicate positive change related to nutritional content of food purchases for their family.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	60	84

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Delivering nutrition education for limited-income Oregonians is a high priority for OSU Extension. Poor diet and lack of physical activity significantly contribute to four of the ten leading causes of death in the United States - heart disease, cancer, stroke and diabetes - and adversely influences disorders such as obesity, hypertension and osteoporosis. A national study by the USDA concluded that large educational interventions to encourage Americans to improve their diets may prevent tens of thousands of cases of heart disease and save between \$4 billion and \$12 billion in health care expenditures and lost earnings over 10 years.

What has been done

The Oregon Nutrition Education Program, offered in 34 Oregon counties, provides education to help limited-income Oregonians make healthy food choices, handle food safely, manage their food budgets, and choose active lifestyles. OSU Extension Service faculty and staff deliver the community-based program to adults via nutrition education classes, and through indirect means such as displays, newsletters and direct mail.

Results

For adult participants 24-hour diet recalls and adult survey checklists were collected at entry into and upon completion of the class series. The survey checklist measures 19 key food-related practices; practices related to healthy eating to improve health, reduce obesity, and reduce risk of chronic diseases included:

62% Follow My Pyramid advice to plan and prepare family meals
58% Use "nutrition facts" on food labels to make food choices

- 38% Serve at least 2 kinds of fruit each day
- 40% Serve at least 2 kinds of vegetables each day
- 42% Serve whole grain foods like whole wheat bread
- 42% Purchase low-fat milk/milk products
- 34% Prepare foods without adding salt

84% of adult participants showed improvement in one or more nutrition practices (plans meals, makes healthy food choices, prepares foods without adding salt, or reads nutrition labels)

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle

Outcome #2

1. Outcome Measures

Percentage of participants that report improved food resource management (meal planning and food budgeting).

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	70	76

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Delivering nutrition education for limited-income Oregonians is a high priority for OSU Extension. Poor diet and lack of physical activity significantly contribute to four of the ten leading causes of death in the United States - heart disease, cancer, stroke and diabetes - and adversely influences disorders such as obesity, hypertension and osteoporosis. A national study by the USDA concluded that large educational interventions to encourage Americans to improve their diets may prevent tens of thousands of cases of heart disease and save between \$4 billion and \$12 billion in health care expenditures and lost earnings over 10 years.

What has been done

The Oregon Nutrition Education Program, offered in 34 Oregon counties, provides education to help limited-income Oregonians make healthy food choices, handle food safely, manage their food budgets, and choose active lifestyles. OSU Extension Service faculty and staff deliver the community-based program to adults via nutrition education classes, and through indirect means such as displays, newsletters and direct mail.

Results

For adult participants 24-hour diet recalls and adult survey checklists were collected at entry into and upon completion of the class series. The survey checklist measures 19 key food-related practices; practices related to food resource management included:

- 41% Compare prices before buying food
- 36% Plan meals ahead of time
- 42% Shop using a grocery list
- 36% Think about healthy food choices when planning meals
- 35% Plan in order not to run out of food before the end of the month

76% of adult participants showed improvement in one or more food resource management practices (i.e. plan meals, compare prices, uses grocery list and does not run out of food before the end of the month)

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population

Outcome #3

1. Outcome Measures

Percentage of participants that report improved food safety practices such as preparation, thawing and storing procedures.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	60	58

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Delivering nutrition education for limited-income Oregonians is a high priority for OSU Extension. Poor diet and lack of physical activity significantly contribute to four of the ten leading causes of death in the United States - heart disease, cancer, stroke and diabetes - and adversely influences disorders such as obesity, hypertension and osteoporosis. A national study by the USDA concluded that large educational interventions to encourage Americans to improve their diets may prevent tens of thousands of cases of heart disease and save between \$4 billion and \$12 billion in health care expenditures and lost earnings over 10 years.

What has been done

The Oregon Nutrition Education Program, offered in 34 Oregon counties, provides education to help limited-income Oregonians make healthy food choices, handle food safely, manage their food budgets, and choose active lifestyles. OSU Extension Service faculty and staff deliver the community-based program to adults via nutrition education classes, and through indirect means such as displays, newsletters and direct mail.

Results

For adult participants 24-hour diet recalls and adult survey checklists were collected at entry into and upon completion of the class series. The survey checklist measures 19 key food-related practices; practices related to food safety included:

- 38% Do not allow meat and dairy foods to sit out for more than 2 hours
- 41% Do not thaw frozen foods at room temperature
- 31% Cook ground meat or meat loaf until it is no longer pink

58% of adult participants showed improvement in one or more of the food safety practices (i.e. thawing and refrigeration of perishable foods)

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #4

1. Outcome Measures

Percentage of participating families that will report increased physical activity among their children.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	50	40

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Delivering nutrition education for limited-income Oregonians is a high priority for OSU Extension. Poor diet and lack of physical activity significantly contribute to four of the ten leading causes of death in the United States - heart disease, cancer, stroke and diabetes - and adversely influences disorders such as obesity, hypertension and osteoporosis. A national study by the USDA concluded that large educational interventions to encourage Americans to improve their diets may prevent tens of thousands of cases of heart disease and save between \$4 billion and \$12 billion in health care expenditures and lost earnings over 10 years.

What has been done

The Oregon Nutrition Education Program, offered in 34 Oregon counties, provides education to help limited-income Oregonians make healthy food choices, handle food safely, manage their food budgets, and choose active lifestyles. OSU Extension Service faculty and staff deliver the community-based program to adults via nutrition education classes, and through indirect means such as displays, newsletters and direct mail.

Results

For adult participants 24-hour diet recalls and adult survey checklists were collected at entry into and upon completion of the class series. The survey checklist measures 19 key food-related and/or physical activity practices. Parents reported that their children are physically active for at least 30 minutes a day; this represents a 40% increase from the the beginning of the program to its completion.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

Changes in practices related to dietary quality, food resource management and food safety show significant improvement, the behavior change around increased physical activity for children appears to be stuck at about 40% for the past three years. Perhaps a review of the curricula would point to areas for improving the behavior change around physical activity.

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

- Retrospective (post program)
- Before-After (before and after program)

Evaluation Results

84% of adult participants showed improvement in one or more nutrition practices (plans meals, makes healthy food choices, prepares foods without adding salt, or reads nutrition labels)

76% of adult participants showed improvement in one or more food resource management practices (i.e. plan meals, compare prices, uses grocery list and does not run out of food before the end of the month)

58% of adult participants showed improvement in one or more of the food safety practices (i.e. thawing and refrigeration of perishable foods)

40% of adult participants reported that their children are physically active for at least 30 minutes a day

Key Items of Evaluation